



# 2024 Racers' Guide

Everything you need to know to have a great race experience



**Race Day: November 10, 2024**



Dear Racers,

The St. Luke's D&L RaceFest welcomes you to the Lehigh Valley and the five-county Delaware & Lehigh National Heritage Corridor (DLNHC)!

St. Luke's D&L RaceFest is a fundraiser for the DLNHC to support our heritage programming and our efforts to connect the D&L Trail north of Allentown and through the Lehigh Valley. When connected, the D&L Trail will stretch 165 miles from Wilkes-Barre to Bristol outside of Northeast Philadelphia. The corridor has great historic significance: it follows the transport of coal from mines in northeastern PA to the industrial centers in the Lehigh Valley and Philadelphia that fueled the American Industrial Revolution.

We are thankful to our sponsors, especially our presenting sponsor St. Luke's University Health Network, for their support of our trail and wellness initiatives. St. Luke's is also providing medical services during all RaceFest events.

Our USATF-certified courses provide an ideal opportunity for you to experience part of the corridor while tackling a race distance of your liking. We're also proud to be one of the most walker-friendly half marathon races in the East.

Everything you need to know for race day is available in this guide. Please review it carefully prior to race day. We will also have the most pertinent information available on the race website, [race.delawareandlehigh.org](http://race.delawareandlehigh.org).

Inside this guide you'll find:

- Race day transportation plan and parking maps (including relay parking)
- Important contact and medical info for your race bib
- Our Expo exhibitors and presentations + packet pick-up information
- Spectator tips
- Post-race details & finish festival information

Thank you to our team for their hands-on involvement with the race as well as our race contractors. And a huge thanks to the hundreds of volunteers who are giving their time and energy to provide a top-notch, safe experience for all racers.

Finally, thank you to the officials and public safety teams at governmental institutions who have helped us coordinate the race, including the City of Allentown, City of Bethlehem, Borough of Freemansburg, Bethlehem Township, Palmer Township, Borough of Wilson, West Easton Borough, the City of Easton, Lehigh County, Northampton County, the PA Fish & Boat Commission and PennDOT.

We hope you have a great weekend in our National Heritage Corridor and realize your goals during RaceFest – whatever they may be!

Best of luck,

Claire Sadler, Executive Director, DLNHC

Michael Drabenstott, Race Director

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# About the St. Luke's D&L RaceFest and Delaware & Lehigh National Heritage Corridor

The Delaware & Lehigh National Heritage Corridor preserves, interprets and leverages the nationally significant history of the over 165-mile transportation route that transported anthracite coal, iron and other products between Wilkes-Barre and Bristol, Pennsylvania. By building and maintaining public and private partnerships, we create four vital connections.



We connect people to the enduring industrial heritage of the Corridor through education and preservation of historic sites and cultural resources.

We connect people to health and wellness through outdoor recreation by reclaiming the historic transportation route as the D&L Trail.

We connect towns and cities to opportunities for economic development along the D&L Trail and Corridor.

We connect people to nature and the environment through conservation and education.

By participating in St. Luke's D&L RaceFest, you are directly supporting our mission as we continue the legacy of inspiring connections to the region's nationally significant heritage.

Here's a quote from our Executive Director, Claire Sadler on why it was so important for our organization to bring this race back after Via retired as the non-profit host in 2020.

"The Delaware & Lehigh National Heritage Corridor has hosted the D&L Heritage Half Marathon since 2011. When community members approached us in 2022 about taking over for Via to host a marathon through the three Lehigh Valley cities, it made perfect sense. Our headquarters are in the Lehigh Valley, much of the race route was along the D&L Trail, and we could continue our tradition of hosting the D&L Heritage Half Marathon run and walk as a part of RaceFest. We had a great inaugural year in 2023 and look forward to making 2024 event better.

One of the best things about the D&L Trail is that it is a multi-use trail that is welcoming to all. With that in mind, our goal for the race is to ensure all feel welcome to join us on the D&L Trail as we celebrate this incredible community resource."

Thank you to everyone helping to make the St. Luke's D&L RaceFest a reality! And to our racers: thank you for choosing to make our event one of your fall races!

# History lives in the Delaware & Lehigh National Heritage Corridor

The five-county region of the Delaware & Lehigh National Heritage Corridor (DLNHC) has occupied a special place in American history for centuries. Its unique combination of industry, culture and natural resources made it a birthplace of America's Industrial Revolution, which catapulted this region to an internationally recognized hub of production. The Delaware and Lehigh Canals and the Lehigh Valley Railroad were essential links in this process, and it's their history that the DLNHC works to preserve and celebrate.

The history of the region we now know as the D&L Corridor begins with the Lenape people, who hunted and gathered in the valleys, forests and rivers throughout the area. During colonization, William Penn promoted religious tolerance and land settlement, attracting thousands of immigrants who left their homeland in search of a better life. They farmed the corridor's rich, fertile soil and established diverse communities.

Patriots bravely read the Declaration of Independence here in Easton, and just a few miles south in the corridor, George Washington crossed the Delaware River in the dead of winter during the Revolutionary War.

Innovative entrepreneurs produced iron, coal, slate, cement, zinc and textiles throughout the 18th and 19th centuries, transforming the region into a center of the American Industrial Revolution. The Delaware and Lehigh Canals transported hundreds of tons worth of goods to New York and Philadelphia, fueling industry and creating jobs—a legacy the DLNHC works to preserve and celebrate.

Bethlehem Steel grew from a modest iron producer to one of the most lucrative businesses in the US, providing steel for the George Washington, Brooklyn and Golden Gate Bridges, submarines, Madison Square Garden, aircraft carriers and the St. Louis Arch, which brought international acclaim to the corridor.

In the 20th century, the coal and steel industries dimmed, and the mills closed. Populations shifted as residents moved out of the cities and farms in search of suburban dream houses.

Today, the corridor is a lively, vibrant place to live. Towns and cities are revitalized, and their historic districts have been preserved. Technology, culture and innovation have replaced the industrial past, while agrarian roots are still visible in the surrounding countryside.

The DLNHC organization is committed to connecting residents and visitors to our amazing landscape by inspiring connections. Via the D&L Trail, we will be able to experience the region's nature and environment, industrial heritage, economic development, and health and wellness opportunities for future generations to come.

# Sponsors

Thank you to our fabulous sponsors who make the St. Luke's D&L RaceFest possible.

We are especially grateful for **St. Luke's University Health Network** for both financial support and the involvement of more than two dozen medical professionals dedicated to keeping our racers safe and healthy.



Michael Baker International, Inc.  
 Abe's Cold Beer  
 Aardvark Sports Shop  
 UPS  
 Lehigh Valley Amateur Radio Club  
 Greater Easton Development Partnership  
 PPL Center  
 Waste Management  
 Wegman's  
 PA Fish & Boat Commission

Lehigh County  
 City of Allentown  
 City of Bethlehem  
 Freemansburg Borough  
 Bethlehem Township  
 Palmer Township  
 Wilson Borough  
 West Easton Borough  
 City of Easton





# Race committee and staff

Claire Sadler, Executive Director, Delaware & Lehigh National Heritage Corridor  
Michael Drabenstott, Race Director  
Kacey Lloyd and Andy Marx, Long Tail Productions (race management services)  
Michele Stanten, Walking Coach and Expo Coordinator  
Amy Wolff, RaceFest Liaison and Volunteer Coordinator  
Jeff Kelly, Service Electric Cable TV, Course Communications Organizer and Consultant

## **DLNHC Staff**

Claire Sadler, Executive Director  
Loretta Susen, Executive Assistant  
Patricia Torres, Sr. Director of Operations & Finance  
Tim Cramer, Facilities & Infrastructure Manager  
Aurelia Rapp, Development Assistant  
Gianna Caruso, Communications Coordinator  
Elizabeth Rosencrans, Director of Trails & Conservation  
Brit Kondravy, Conservation Coordinator  
Alice Wanamaker, Economic Development Manager  
Tiffany Serra, Trails & Conservation Associate  
Martha Capwell Fox, Historian  
Whitney Davison, Education Manager  
Wendi Blewett, Museum Collections Manager  
Cyan Fink, Inventory Coordinator  
Lianne Greco, Museum Operations Manager (running on a relay team)  
Andrew Mai Osborne, Fundraising Specialist  
Britt Myers-Voelker, Finance Assistant

Special thanks to the marketing teams at St. Luke's University Health Network and Discover Lehigh Valley for their assistance promoting St. Luke's D&L RaceFest.

The race committee would like to thank the over 300 volunteers who make this event possible. Without their enthusiastic support, St. Luke's D&L RaceFest would not happen. Please be sure to thank the volunteers wearing neon green shirts during your journey from start to finish with a shout out, high five or fist bump!



# Event schedule

## Saturday, November 9

### Expo and Packet Pickup

9 a.m. – 4 p.m. Renaissance Hotel, downtown Allentown  
See page 10

## Sunday, November 10

### Heritage Half Marathon Run and Walk, Presented by St. Luke's

Start time: 7:30 a.m.

Location: Downtown Bethlehem, Main and Walnut streets

Map: <https://maps.app.goo.gl/DRmsiiBzwvZDg34n6>

### St. Luke's D&L Marathon and Marathon Relay, "The Lehigh Valley's Marathon"

Start time: 8 a.m.

Location: Downtown Allentown, just west of 8<sup>th</sup> and Hamilton streets

Map: <https://maps.app.goo.gl/HiwgzRi6vfYrjqCR9>

### Post-race food and celebration

Times: 9 a.m. – 2:30 p.m.

Location: Scott Park, downtown Easton

Map: <https://maps.app.goo.gl/CtLKCAjQzmZSLwPQ6>

### Shuttles back to Bethlehem and Allentown

Times: 9:15 a.m. – 3 p.m.

Riverside Park, Larry Holmes Drive, Easton, Pa.

Map: <https://maps.app.goo.gl/f1TBTii7cgFzH59B9>



# Race day cancellation/alteration policy

Safety is our main objective, and the DLNHC wants to provide a safe event for all involved. When weather or other physical conditions present a danger to participants as a whole, DLNHC will maintain the right to cancel the race.

Less threatening conditions could result in an alteration of the course or race length to promote a safer result for the participants. High heat, the threat of storms with lightning, high wind gusts or frozen precipitation that may threaten the course, and if forecasted to continue throughout the day of the event, may also result in cancellation of the event for some or even all participants.

We will confer with our public safety officials and medical team at St. Luke's in the days leading up to the event, race morning and throughout the race to assess conditions.

We are wholly committed to the safety of all participants and will not sacrifice the safety of anyone. Notifications about weather conditions, cancellations and other race information will be communicated via this website, email and onsite announcers. All registration fees and all associated costs are non-refundable.



# Race packet pick-up / Expo

Thank you to our official Host Hotel, the Allentown Renaissance, for providing a fantastic space for our Expo and presentations in their ballroom and foyer.

Map: <https://maps.app.goo.gl/6TDRXpweWMy5ZL899>

Paid parking is available in nearby garages or metered on the street.



**You must pick up your bib and shirt at the Expo unless you paid for race-day bib pick-up during registration.** (If you selected race-day pick up, you will pick up your bib near your start line and shirt at the finish line.) You may pick up someone else's bib or have your bib picked up by someone if you cannot make it to the Expo. Make sure the person has the correct spelling of your name.

For relay teams, only one team member needs to pick up bibs and shirts for all relay team members. (While it's usually the team captain, it can be anyone affiliated with the team.) The person picking up the bibs and shirts for the team is responsible for distributing them to team members.

## Expo vendors and exhibitors:

- St. Luke's Sports Nutrition
- St. Luke's Sports Fitness
- St. Luke's Physical Therapy
- St. Luke's DNA
- St. Luke's Chiropractic Care
- St. Luke's Ambassador Mandy Marquardt, Professional Track Sprint Cyclist (10 a.m.- 1 p.m.)
- D&L info & merchandise
- D&L kid activities
- Provident Bank
- Keystone Running Store
- True Motion Running Shoes
- The Valley OM (yoga)
- Cancer Community of the Lehigh Valley
- RunMitts
- Edible LV Magazine
- iHave, iNeed
- Girls on the Run
- Miller Keystone Blood Center
- LV Road Runners
- Community Bike Works
- Discover LV
- City Center

## Free Expo presentations – in the meeting room to the right after exiting the elevators:

- 9:30 Yoga for Distance Racers (class), Nanette Miller Valley OM Yoga
- 10:00 Stress Incontinence in Distance Racers, Kylene Cochrane, PT, DPT, St. Luke's Physical Therapy
- 10:30 St. Luke's D&L RaceFest Courses Overview, Mike Drabenstott, Race Director
- 11:00 Nutrients Timing to Maximize Performance, Elliot Beadle, RDN, LDN, St. Luke's Sports Nutrition
- 11:30 D&L Trail History, Martha Capwell Fox, Historian, DLNHC
- 12:00 Knee and Hip Strength for Running, Brian Zarbatany, St. Luke's Sports Fitness
- 12:30 Walk a Half Marathon? Here's everything you need to know, Michele Stanten, Walking Coach
- 1:00 True Motion Running Shoes, Zachary Mironov, DPM, PA Foot & Ankle Associates
- 1:30 D&L Trail Connections, Liz Rosencrans, Director of Trails & Conservation, DLNHC
- 2:00 First-Timer? Find Out What to Expect & Calm Your First-Time Jitters, Wendy Body (moderator)

# Course

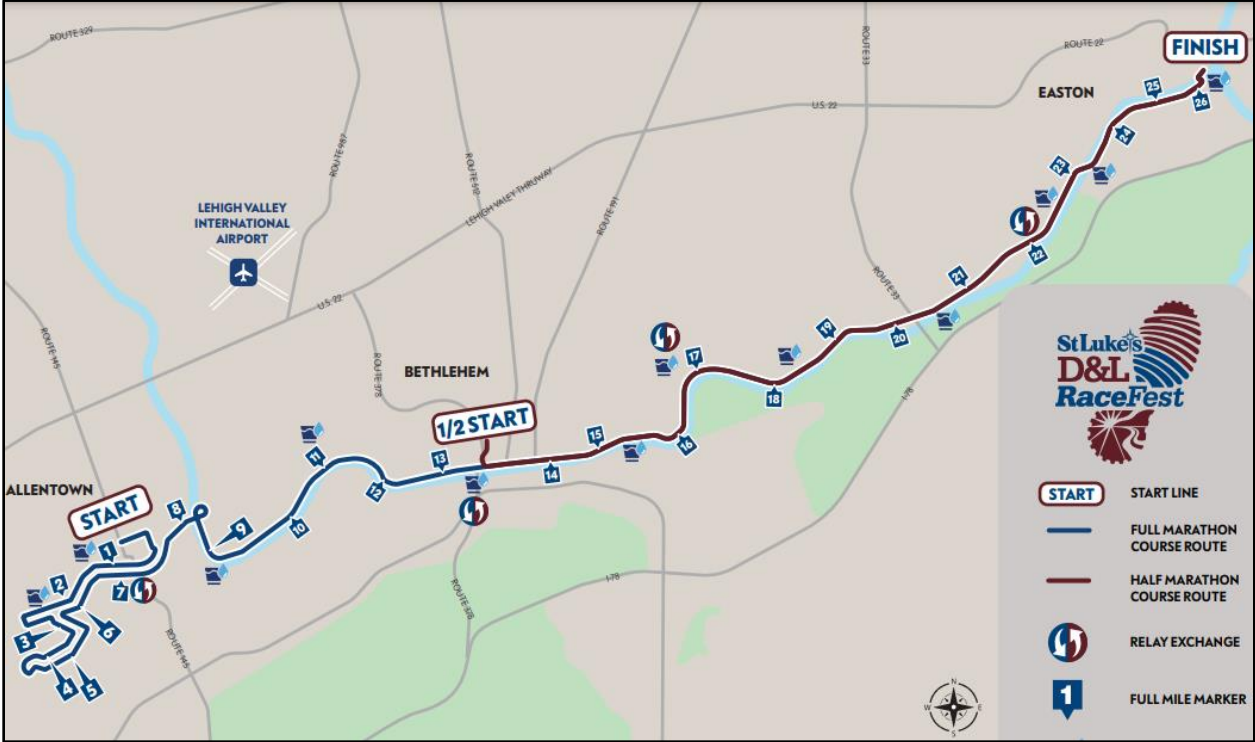
The 2024 St. Luke’s D&L RaceFest point-to-point courses are nearly identical to the 2023 courses. Both the marathon and half marathon courses are scenic, shady, and feature a very gradual net descent – with only a few short and easy uphill areas. Both courses spend a majority of their miles on the D&L Trail.

Our marathon course is a very attractive qualifying run for the Boston Marathon (USTAF certification PA23003DT). About 30 percent of the course is on pavement with 70 percent on finely crushed, compact gravel.

The half marathon starts just north of the marathon’s midpoint and goes from Bethlehem to Easton along the Lehigh River. It has the same very gradual downhill grade for a fast time. It is 10 percent pavement and 90 percent finely crushed, compact gravel. (USATF certification PA23005DT)

Both courses have been certified by Doug Thurston, a grade 1 USATF course certifier.

You can see detailed maps with elevation profiles, all aid stations and exchange points marked at <https://race.delawareandlehigh.org/>.





# Bibs

We will have different colored bibs for each of the races.



Marathon



Half Marathon Run



Half Marathon Walk



Relay

Additionally, walkers will be provided with a second numbered bib for their backs to denote them as walkers. This allows race officials and volunteers to better identify and potentially disqualify walkers who decide to run.



# Timing

Chip timing will be provided by The Last Mile Racing, the same company that times the Boston Marathon, Chicago Marathon and other prominent national races. You will receive your results electronically shortly after you finish. Unofficial times will be available on the results page of our website. We will notify you when the results are official. Both courses are USATF certified. Marathon times can be used to qualify for the Boston Marathon.

In addition to timing mats at the starting lines and finish, we will also have timing mats on the course to be able to monitor the progress of racers and ensure that all participants complete the entirety of the course. We will also have course marshals and stewards observing racers.



Results for the 2024 St. Luke's D&L RaceFest will be available via the web at <https://rtrt.me/5220> or by scanning the QR code. On race day, spectators can check the status of participants using the **tracker** and **leaderboard** options. Details such as time, pace, estimated position on the map and estimated finish time will all be available. (Note: The current location on the map and the estimated finish time are calculated based on timing points at 7.1 and 22.9 miles for the marathon and 9.8 miles for the half marathon. Changes in pace between timing points will impact the tracking accuracy and finish estimates, sometimes dramatically.)

## Relay Team Timing and Chips

For the convenience of relay team members, all relay team bibs will be chipped. Any of a team's bibs can be used for any leg of the race, including the first and last legs when you cross the start and finish lines. Split times are not recorded for relay teams. Teams that want to record their splits will need to do so manually with your watches.

## Bib Tag Instructions

Please write emergency contact and any important medical information on the back of your bib prior to the race. Do not list someone as a contact who is also participating in the race.

The tag provides racers with accurate race timing. Through a computerized system, your tag transmitter will be read at the start and finish lines. You must cross both locations to get an official time. Half marathoners and marathoners must also cross all timing mats along the course.

Pin your bib with the tag to the front of your shirt, vest or jacket. Keep your bib visible at all times. Do not hide or cover your race bib with a jacket, vest or second shirt. (This might require some planning on a cold day.) Walkers must have their second numbered bib visible on their backs at all times.

Do not fold, crumple or otherwise alter your bib in any way. Doing so may destroy your timing device and prevent your time from being recorded. Tags are not transferrable. They are matched to your bib number. Do not remove them.

# Bib sharing and banditing

Bibs are assigned to specific racers who are entered in specific gender classes and age groups.

Giving your bib to another racer can cause significant problems in scoring, depriving deserving racers from winning awards or meeting place goals.

Do not give your bib to another racer if you cannot take part. Racers participating with another person's bib will be viewed as bandits. Their results will be removed, and they will be banned from future St. Luke's D&L RaceFest races for two years as will the registrant who provided the bib.

Also, you must wear and display your 2024 St. Luke's D&L RaceFest bib to participate in any of the races. Anyone found without a bib is subject to removal from the course.

Registration fees help us cover the cost of amenities like hydration, shirts, post-race food, signage, timing and many other things. Participating in any part of the event – including as a non-bibbed runner or as an unofficial pacer -- without having paid a registration fee is akin to stealing from the other paid participants. It will not be tolerated.





# Course logistics & closures

## Mile & Course Markers

Mile markers are placed at each mile for both marathon and half marathon courses.

There are no mile markers for relay legs.

We will have orange cones to help delineate the course as well as yard signs with the RaceFest logo and an arrow at key turns or junctions.



## **Passing Racers**

Whenever possible – and especially on the D&L Trail -- all racers should stay to the right side of the course and avoid being more than two abreast. Some areas of the D&L Trail – especially miles 2-2.5 for the half and 15-15.5 for the marathon -- are narrower than others; slower runners and walkers are asked to move in single file as faster racers pass on the left.

This is especially important for half marathoners who are running or walking slower than a 12-minute mile pace. The faster marathoners will be overlapping half marathoners close to mile 20. Many of these faster marathoners are aiming for a cutoff time for the Boston Marathon. A delay of even a second or two because of the inability to pass slower racers could cause them to miss their cutoff.

## **Course Closure**

All racers must complete the course by 2:30 p.m., meaning marathoners must finish in less than 6 hours and 30 minutes or a 14:30-per-mile pace. This enables us to minimize the impact of our race on the residents who are welcoming us into their cities, boroughs and townships.

Based on the 14:30 marathon pace, portions of the course that are on or cross public roads may be reopened to vehicle traffic. If you fall behind this pace, please move to sidewalks, shoulders or safe areas for pedestrian travel. Additionally, we cannot guarantee that you will find water or food after the course is closed. (Our vendors and volunteers have committed to a set time.)

Half marathon walkers, you will have until 2:30 p.m. to complete your race.

If you do not think you can complete the course by 2:30 p.m. because of injury or fatigue, please ask a water station volunteer to arrange for an assistance vehicle to the finish area in Easton.

If you arrange your own pick-up and don't finish the race, please call or text the number on the back of your bib to alert us that you will not finish. This ensures that we don't call you at the end of the race wondering if you are still out on the course. We care about our racers and will ensure that everyone is accounted for.

# Medical and safety

The health and safety of all racers is our primary objective. Please exercise caution at all times. Be smart.

The St. Luke's medical team will have a representative at each hydration station. If you are even slightly unsure of your medical condition, please ask a volunteer to fetch the representative for an evaluation. The medical team members will have first aid kits and AEDs at all hydration stations. We will also have volunteers at each hydration station who can radio our command center to obtain an ambulance if necessary.

Bicycle EMS teams will be riding along the course to watch for medical issues and attend to racers who need assistance. St. Luke's will also staff a medical tent at the finish line for more advanced medical support.

In the event of an emergency, call 911.



# Hydration stations

Hydration stations are located throughout the course. We will be using lemon-lime Gatorade as an electrolyte replacement.

**We will not be offering gels on the course.** Racers are encouraged to carry their own gels based on personal preference so they are not trying new nutrition on race day.

## Marathon

Mile 2.3 - Water and Gatorade  
Mile 3.1 - Water and Gatorade  
Mile 6.1 - Water and Gatorade  
Mile 7.1 – Water (relay exchange #1)  
Mile 9.4 – Water and Gatorade  
Mile 11.3 – Water  
Mile 13.5 – Water and Gatorade (relay exchange #2)  
Mile 14.9 – Water  
Mile 17.1 – Water and Gatorade (relay exchange #3)  
Mile 18.5 – Water  
Mile 20.6 – Water and Gatorade  
Mile 22.7 – Water and Gatorade (relay exchange #4)  
Mile 23.4 – Water  
Mile 25.7 – Water



## Half marathon

Mile 1.6 – Water  
Mile 3.8 – Water and Gatorade (relay exchange #3)  
Mile 5.4 – Water  
Mile 7.5 – Water and Gatorade  
Mile 9.6 – Water and Gatorade (relay exchange #4)  
Mile 10.3 – Water  
Mile 12.6 – Water

# Toilets

Toilets at the marathon start area will be inside the PPL Center. Use the entrance closest to the corner of 8<sup>th</sup> and Hamilton streets to access the restroom area.

Portable toilets will be available at the half marathon start and at the finish. Multiple portable toilets will be available at relay exchange points. Single portable toilets will be available at the other hydration stations for use by volunteers as well as racers.

Please note that no toilets will be available at hydration station 4 (mile 11.3 of the marathon) or hydration station 6 (marathon mile 14.9, half marathon mile 1.6)

# Bag Check

Thank you to the good people at UPS for volunteering to supply their renowned package-handling skills to manage our bag check.

Look for the UPS trucks at each starting area. Work with our volunteers to rip off the bag check tag at the bottom of your bib and affix it to your bag with a zip tie.

After the races start, the UPS drivers will head to the finish area. They will park their brown UPS trucks behind the main finish area and medical tents. Simply show your bib at the finish and the UPS volunteers will fetch your bag from their truck.

# Volunteers

The St. Luke's D&L RaceFest has hundreds of great volunteers! Please remember to thank them for their help and support! Give them a shout out or a high-five. Volunteers will be wearing green shirts; DLNHC staff will be in orange shirts.



# Race photography

Professional race photography is provided by John Kelly Photos. Access to official race photography is free with your entry. You will be provided with a link several days after the race to view and download your race photographs.

It is essential that your bib be visible. You will find your photos based on bib number. If the photographers cannot see your bib, you may not be able to find your photos.

Photographers will make every effort to capture every racer. However, given the number of participants in RaceFest, we cannot guarantee that you will have a race photo available.

Relay teams: Because the photographers will be positioned within a half mile of each start line and then at the finish line, it is possible that some of the middle legs of your relay team will not be photographed.





# Race day transportation and parking

## Marathon Parking – Allentown

We have arranged for complimentary parking for you in the Spiral Deck on 8<sup>th</sup> and Linden streets in Allentown. It is very close to the starting area, which is one block south (toward the larger buildings) on Hamilton Street. Use the Linden Street entrance.

<https://maps.app.goo.gl/uUr5Lay98A42jLZz6>



The gates will be up, and an Allentown Parking Authority representative will guide you in. You can park anywhere in the garage.

If you choose to park in any of the other garages in the city, you will need to take a ticket and pay a fee upon exit. Therefore, we strongly suggest that you park in the Spiral Deck.

As an option to the garage, street parking is also free in Allentown on Sundays.

## Half Marathon Parking - Bethlehem

Parking is free in City of Bethlehem garages, lots and streets on Sunday. Please note that the Walnut Street Garage, which was available in 2023, has been demolished. **Parking will be tighter in 2024. Allow ample time to park and make it to the start line.**

Even though parking is free, you will still need to take a ticket to activate the gate at the North Street Garage. Keep the ticket in a safe place in your car; you will need it to exit. Do not take the ticket with you when you race. You risk losing it and delaying your exit.

North Street Garage: <https://maps.app.goo.gl/Lz9BCAhV6GtUDE627>

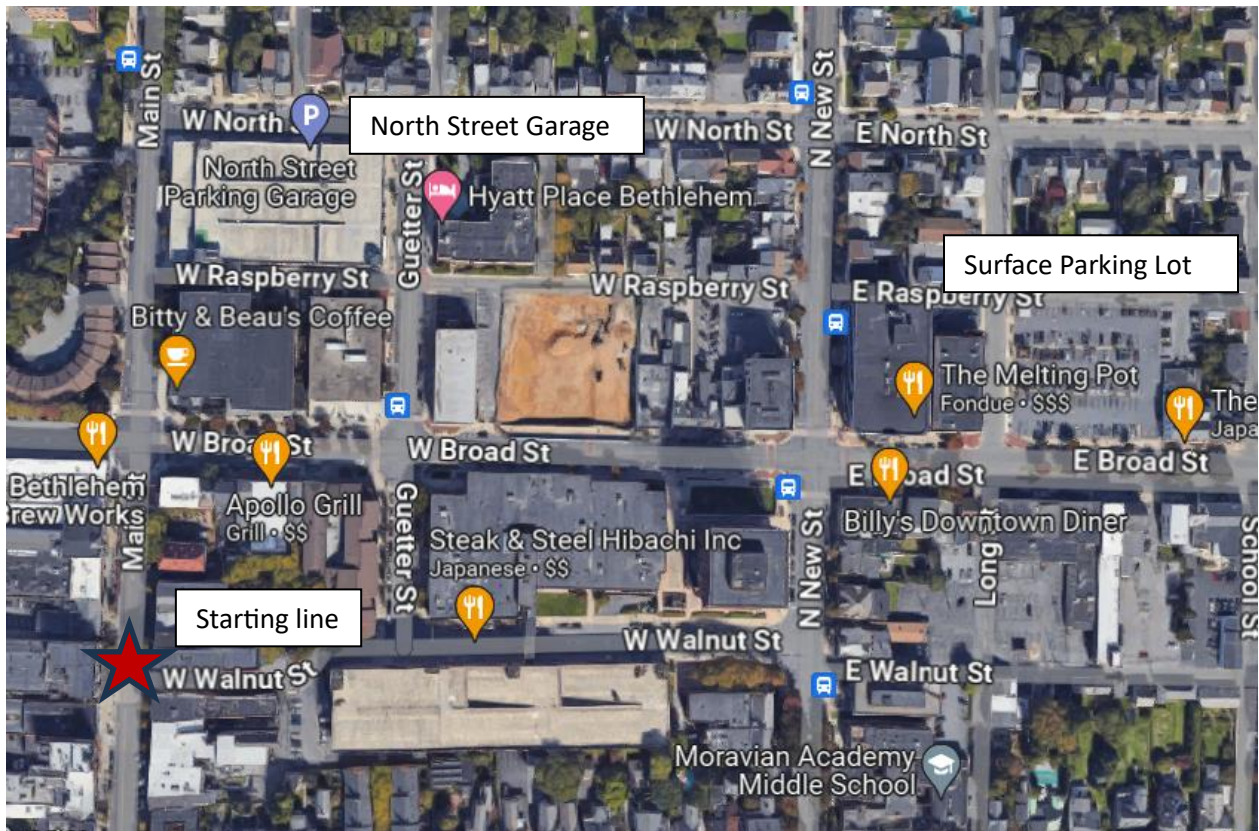
A surface parking lot is also available within a couple blocks of the start area.

61 E. Broad Street: <https://maps.app.goo.gl/nopRDkQj1u3NjY2v6>

Street parking is free in Bethlehem on Sunday. There is typically abundant street parking on Broad Street west of Main and on other streets around downtown.

**Please consider carpooling** to limit the traffic into parking areas and to reduce the impact on the environment!

Easton parking information can be found on page 31.





# Shuttles

We are pleased to provide you with complimentary shuttle transportation from the finish area in Easton to your starting areas in Allentown or Bethlehem.

*Note for relay teams: We do not send shuttle buses to the relay exchanges.*

Shuttle buses will operate from about 9:15 a.m. until 3 p.m. (We will not leave any racer behind!) Shuttle buses will stop first in Bethlehem, then continue to Allentown if there are riders who need to return to Allentown.

You can pick up shuttle buses at Riverside Park in Easton, which is just north of Scott Park and the finish area. You can reach Riverside Park on the trail alongside the river and under the green truss bridge.

Shuttle buses are scheduled to depart every 15-20 minutes. Depending on traffic conditions, we intend to have a shuttle bus waiting at all times in case the day is particularly wet or cold.



*Note: There will **not** be pre-race transportation available from Easton to the start lines in Allentown and Bethlehem. If you are staying overnight in Easton, you will need to find your own transportation to your start in Allentown or Bethlehem.*

# SAG transport

Transportation for any racers who are no longer able to complete the race but are not in need of emergency medical attention will be available.

Racers should notify aid station volunteers that they are in need of transport. A medical professional at the aid station will determine if your condition warrants emergency transport or if you can take the SAG vehicle.

Transportation will be dispatched to your location and transport you to the finish line in Easton, where you can take a shuttle bus back to either start line or meet up with friends or family.

If you arrange your own pick-up and will not finish the race, please call or text the number on the back of your bib to alert us. This ensures that we don't call you at the end of the race wondering if you are still out on the course. We care about our racers and will ensure that everyone is accounted for.



# Team relay information & logistics

## Bib pick-up

For relay teams, only one team member must pick up bibs and shirts for all relay team members. While it's usually the team captain, it can be anyone affiliated with the team. The person picking up the bibs and shirts for the team is responsible for distributing them to team members. We will not distribute individual relay bibs to individual team members.

## Relay exchange zone operations

Relay exchange points will be at mile markers 7.1, 13.5, 17.1 and 22.7 of the marathon course. These will also be hydration stations for marathoners and half marathoners.

There is a single staging area at each exchange for relay teams. Volunteers will call out incoming team numbers. It is the responsibility of the relay teams and each team member to know approximately when their team member will be arriving at each exchange. This can be assessed by knowing each team member's running pace and will help in estimating their arrival time at each relay exchange.

Relay team members must simply touch hands with their incoming team member to make the exchange. Many relay teams opt to carry and pass an item that reflects their team name or has significance to team members. Have fun – be creative. (But make sure it's light and easy to hold!)

For convenience, all of the relay bibs will be tagged. You do not need to have a specific bib to cross the start line in Allentown or the finish line in Easton to have your team's time registered. However, we will not have mats at every exchange station. You will need to record and log your leg times yourself if you want to review them with your team members. Splits for each leg will not be provided.

## Relay logistics, transportation and parking

**Relay teams are responsible for their own transportation.** Shuttles from the finish line will not be available to the exchange points. Relay runners may ride the shuttles back to the marathon start area in Allentown or half marathon start area in Bethlehem, but the shuttles will not go to the exchange points.

Typically, relay teams caravan along the course as a team. They start by dropping their first runner at the starting line and then drive to the first exchange. The Relay Team caravan drops off their next runner and waits to pick up their incoming runner. They then drive to the next leg to pick up their next team member and so on until the end.

Logistics for the relay are important. You will need to get your runners to the exchange points in time to meet your teammate who is finishing their leg. Depending on the speed of your runners, you may have limited time to get into your vehicle and head to the next exchange point. Please plan appropriately!

Recommended directions below take into account road closures because of the race. Realizing that many people rely on their smart phone's mapping and GPS apps, we will also provide guidance for those.



## Relay Exchange #1

Leg 1: Startling Line – 800 block of Hamilton Street, downtown Allentown to Relay Exchange #1 at Fountain Park, 10<sup>th</sup> and Martin Luther King, Jr. Drive, Allentown. 7.1 miles

Where to park: Eastern Surfaces. (Thanks to Eastern Surfaces for the use of their lot!)

Map: <https://maps.app.goo.gl/scMRjQJwPxxBKTow5>

Additional parking: 641 S. 10<sup>th</sup> Street lot. (look for Lehigh Valley Grand Prix sign)

Map: <https://maps.app.goo.gl/xSsJLHFVlmi4cNTd7>



You will need to walk about 200 meters north to the exchange point (red star) on Martin Luther King, Jr., Drive. Please plan accordingly!

Directions from Spiral Deck (About 6 minutes)

- Head south on 9th St 0.4 miles to S. 8th St/Albertus L. Meyers Bridge
- Follow S 8th St over the bridge to Lehigh St., 0.5 miles
- Take Lehigh Street west (right) about 0.3 miles to S. 10th St.
- Continue on S. 10th St. (right) to your destination

**Do not rely solely on GPS!** With Martin Luther King Jr. Drive closed for racers, you will need to take the 8<sup>th</sup> Street Bridge to reach the parking area and exchange #1.

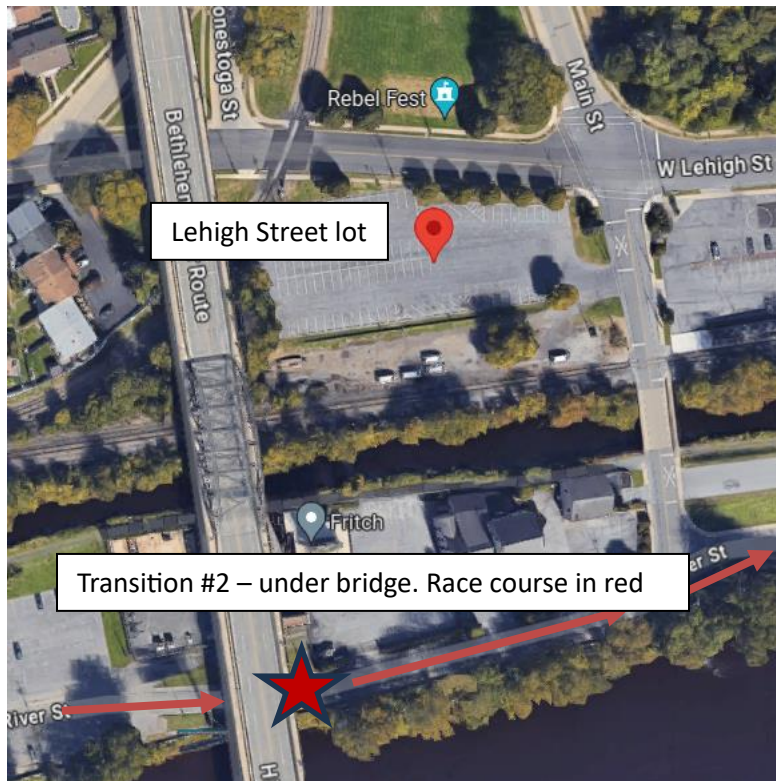


## Relay Exchange #2

Leg 2: Fountain Park, 10<sup>th</sup> and Martin Luther King, Jr. Drive, Allentown to west Sand Island, Bethlehem, under the Hill-To-Hill Bridge. 6.4 miles.

Where to park: Lehigh Street Lot, Lehigh Street (across from The Wooden Match)

Map: <https://maps.app.goo.gl/iDKLDenUHp1i7J1M8>



Directions (about 16 minutes):

If you use a maps app or GPS to get from Exchange #1 to Exchange #2, select the route that takes you south along **Susquehanna Street** in South Allentown (not Hanover Ave!). You will not be able to use Martin Luther King, Jr., Blvd. or the Hamilton Street bridge or Hanover Ave.

- Head south (away from the race course) on S 10th St
- After 0.6 mi turn left onto Harrison St, which bends slight to the left to become Lehigh St.
- After 0.4 mi turn right onto Lehigh St, then about 100 meters left onto Cleveland St.
- After 200 meters turn right onto S 6th St which bends left and becomes W Wyoming St.
- Turn right onto S 5th St (PA-145 S) and continue to follow PA-145 S 0.2 mi to the stop light.
- Continue straight through the light onto W Susquehanna St.
- Travel 2.5 mi, take a slight left onto Broadway
- After 0.9 mi turn left onto Delaware Ave. After 0.9 mi Delaware becomes W 3rd St
- After 0.3 mi turn left onto Wyandotte St and go over the Hill To Hill Bridge.
- After 0.5 miles, take the Main St Exit. Turn right at the light onto Main St, then left at the bottom of the hill to the lot.

## Relay Exchange #3

Leg 3: Exchange #2 at west Sand Island, Bethlehem, under the Hill-To-Hill Bridge, to Exchange #3 at Canal Park, Freemansburg. 3.6 miles

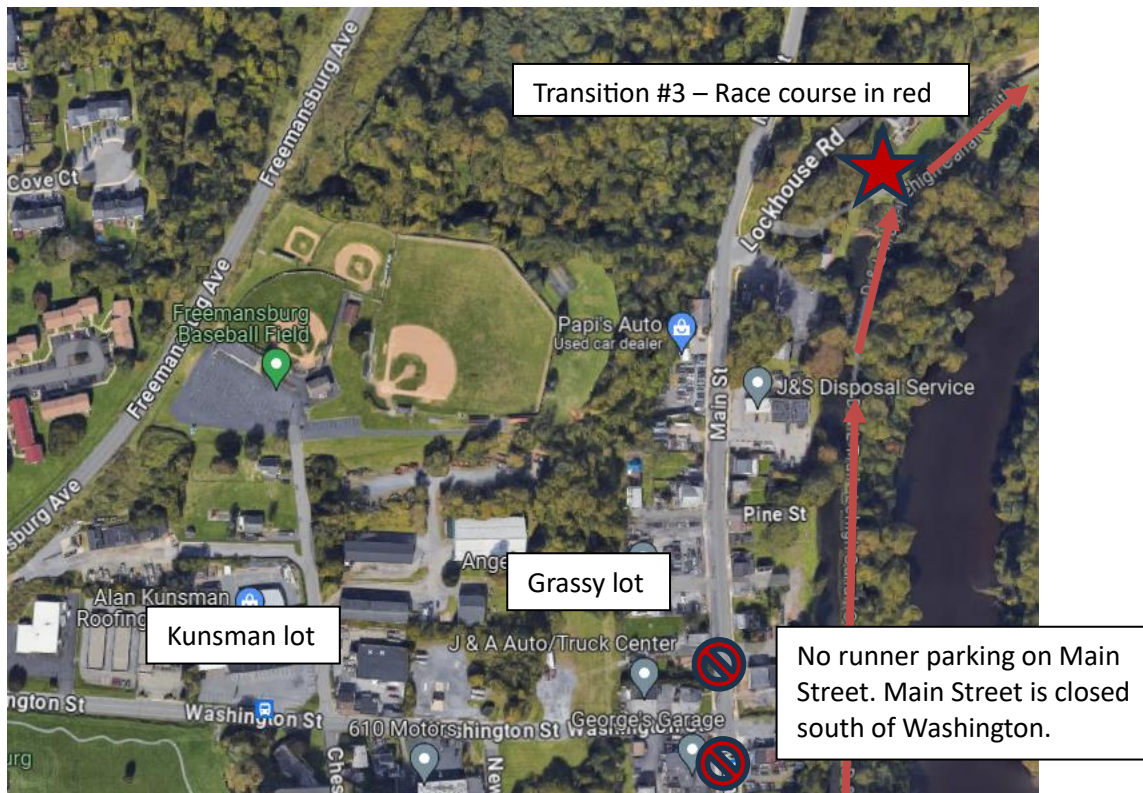
*Please note: For faster teams, you will need to move quickly from Exchange #2 to Exchange #3. A leg 3 runner at a 6-minute mile pace will reach exchange #3 in about 21 minutes. Drive time between the two exchange parking areas is 10 minutes. Our parking areas for this exchange are at least 1/4 mile from the nearest parking areas. Plan accordingly!*

Where to park:

Grassy lot on Washington St. About ¼-mile walk/run to exchange point on trail

Alan Kunsman Roofing lot. About 1/3-mile walk/run to exchange point on trail

Washington St on-street parking (variable)



Directions (about 10 minutes):

- Left out of the lot then an immediate right (east) on W Lehigh St (past Wooden Match) toward Main St
- In 0.3 mi continue onto Center St
- After 0.4 mi turn right onto E Market St
- Go 1.8 miles, E Market St turns slightly left and becomes Cambria St
- After 0.4 mi turn right onto Freemansburg Ave then an immediate left onto Washington Street
- Destinations will be 0.1 and 0.2 miles on the left. The grassy lot is closer to the relay point. Walk/run north on Main St to the transition point.

Note: No street parking will be available on Main St north or south of Washington. Those spaces will be reserved for race officials and volunteers. You will be able to drop off a relay runner at Main and Washington, but not pick them up there. You will need to park your vehicle in one of the two designated spots above and walk back to your car with your 3rd runner.

Main St south of Washington is under construction this year. Please avoid using Main St in Freemansburg.

Please respect the public and private no parking signage. Vehicles parked illegally are subject to towing. It has happened in past years! It would put a real damper on your relay team's transport.



## Exchange #4

Leg 4: Canal Park, Main St. & Lockhouse Rd., Freemansburg to Exchange #4 -- Riverview Park, Lehigh Dr., Palmer Township, 5.7 miles

Where to park:

Upper parking lot of Riverview Park (turn right off of Lehigh Dr.)

Map: <https://maps.app.goo.gl/QXj19agJclSBHC7q6>

Additional parking in the lower lot at Riverview Park (continue on Lehigh Dr. and turn right at T:

Map: <https://maps.app.goo.gl/QEf3zThuSBt5UEZ58>



Directions (about 16 minutes): From Washington St in Freemansburg

- Right out of either lot to head out of Freemansburg on Washington Street (the same way you came in)
- After 0.2 mi turn right onto Freemansburg Ave
- Continue on Freemansburg Ave. After 6.1 mi turn right onto S 25th St
- After 0.7 mi turn right onto Lehigh Dr
- Upper lot will be on your right in 200 yards before you cross the race route.

*Note: Lehigh Drive is closed between Riverview Park and Hill Rd/Hugh Moore Park.*

## Finish Line – Easton

Leg 5: Exchange #4 (Riverview Park, Lehigh Dr., Palmer Township, PA) to Finish (Scott Park, 91 Larry Holmes Dr., Easton, Pa.) 3.4 miles

Note: Again, this is a short leg. A final leg runner at 6-minute pace will cover the leg in about 21 minutes. Plan accordingly if you want to see your final runner cross the finish line.

Parking lots (paid parking via credit card and kiosk. \$3/hr):

S. 3<sup>rd</sup> Street (City Hall), Map: <https://maps.app.goo.gl/uf72WMZjusknq5RN9>

4<sup>th</sup> Street Parking Garage (behind Easton Public Market). Map:

<https://maps.app.goo.gl/x8hEmGoJvCj9TC12A>

More info about Easton garages: <https://www.easton-pa.com/242/Parking-Garages>



Directions: about 10 minutes

*Note: Please use instructions below instead of following Google Maps suggestion to use Lehigh Dr, which intersects the race course. Or start following the course below and your GPS navigation will adjust.*

- Turn left from lot onto Lehigh Dr. then left onto S. 25<sup>th</sup> St
- After 0.7 mi turn right onto Freemansburg Ave
- After 0.8 mi turn right onto Butler St, which becomes Wolf Ave
- After 1 mi, slight right onto Washington St
- After 0.3 mi turn left on to 4<sup>th</sup> St for the 4<sup>th</sup> St Garage (three blocks) or turn left on 3<sup>rd</sup> St for the South 3<sup>rd</sup> St Garage (1 block)



**Relay Team Placard**

Please print out this page and put it on your dashboard to alert public safety officials that you are with our race. *Note: The placard will not prevent you from getting a ticket or getting towed if you are parked illegally or on unapproved private property!*





# Finish festival

The Finish Festival is at Scott Park on Larry Holmes Dr. in downtown Easton.

We will have food and water available when you cross the finish line. In addition, our friends at Metz Culinary Management will have hot chili (both meat and plant-based) as well as bread in the large dining tent. Please wear your bib or medal into the dining tent so the Metz team knows you are part of RaceFest.

More information on awards are on the following pages.

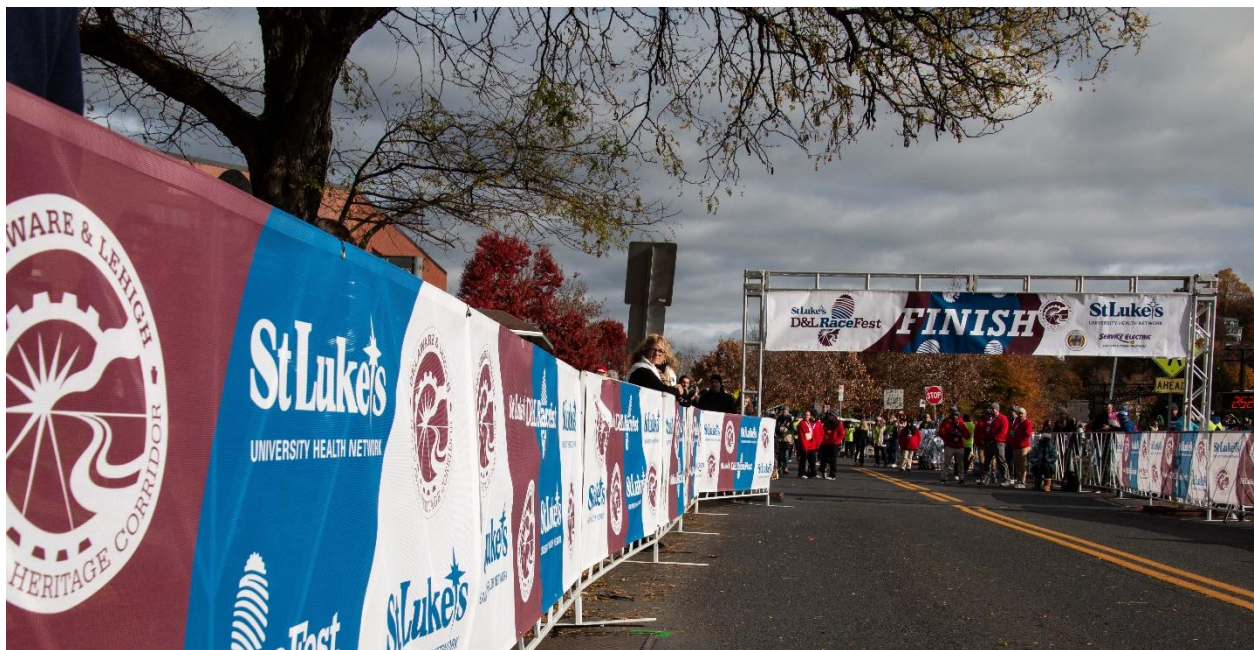
Visit the Delaware & Lehigh National Heritage Corridor tent to exchange shirt sizes or get your shirt if you purchased race-day bib pick up. (Based on availability.)

Bag check will be located beyond the medical tent. Look for the UPS trucks. Make sure you have the bib number that matches the bib tag you attached to your bag.

Many downtown Easton restaurants and merchants will be offering special deals to racers who show their medal or bib – including food, shopping and more. You can find those here:

[shopdowntowneaston.com/racefest](http://shopdowntowneaston.com/racefest)

Shuttle pick-up for transport back to Allentown and Bethlehem is available beyond the UPS trucks. Continue along the riverfront under the green-painted Free Bridge (don't cross it into Phillipsburg!) to Riverside Park, just north of Scott Park. See the shuttle section for maps and details.



# Results

Race results will be available at the finish area and will be posted on [race.delawareandlehigh.org](http://race.delawareandlehigh.org) following the race, serving as official verification for Boston Marathon qualifiers. Our marathon is certified, and times can be used to qualify for the Boston Marathon and other races.

We will have timing mats at two locations on the course to lessen the possibility of course-cutting or cheating.

# Swag

Our 2024 race medals and shirts feature some of the prominent landmarks of the Lehigh Valley and its three cities. They include the coasters of Dorney Park, the iconic PPL building and 8<sup>th</sup> Street bridge in Allentown, the blast furnace stacks in Bethlehem, our very own Josiah White II canal boat in Hugh Moore Park in Easton (pulled by our mules, Hank and George), the Easton skyline and the Bugler statue in Centre Square. An outline of the race courses from west to east is shown, as well as stylized water to signify the importance of the Lehigh River to our region's history.



We are also excited to announce a collaboration between former Lehigh Valley resident and runner Erica Sara to celebrate this year's event: the St Luke's D&L Racefest jewelry collection. Choose from two designs, a classic round charm and a dog tag necklace, featuring the official race logo and customizable engraving on the back. Whether you want to commemorate your finishing time, a favorite mantra, or the date you conquered the course, these pieces will hold the memory of your race forever. A portion of your purchase will be donated to the DLNHC to support our mission. Order: <https://www.ericasara.com/collections/racefest>

# Awards

There is a rolling awards ceremony at the Finish Festival. Awards are available for pick-up on race day at the Finish Festival or at the DLNHC office in Easton on designated days following race day. We do not ship awards; you must pick them up at the event or at the DLNHC offices. Call (610) 923-3548 to arrange a pick-up.

We will have monetary awards for the top overall and masters' finishers in each of the individual races. Only one award per racer.

## Marathon (men and women)

1st overall	\$300	1st masters	\$100
2nd overall	\$200	2nd masters	\$50
3rd overall	\$100	3rd masters	\$50

## Half marathon run (men and women)

1st overall	\$200	1st masters	\$100
2nd overall	\$150	2nd masters	\$50
3rd overall	\$100	3rd masters	\$50

## Half marathon walk (men and women - no masters category)

1st overall	\$200
2nd overall	\$150
3rd overall	\$100

Our age group and relay awards will be fleece-lined beanies with the two-color race logo.

Marathon and half marathon: top 3 finishers in each age group male and female – under 20, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 64-69, 70+

### Half Marathon Walk

Men: 49 & under, 50-59, 60-69, 70+

Women: 39 & under, 40-49, 50-59, 60-69, 70+

Team relay: Top team only in each category, one beanie for each runner on the team.



**Congratulations to all our winners!**

# Spectators

Distance running is inherently a poor spectator sport. Unfortunately, that's compounded by the relative remoteness of the D&L Trail for much of the race. The quiet, natural surroundings that our runners and walkers will enjoy means there are few roads near much of the course. And there is no parking on private property.

Many of the parking areas have limited capacity. Please estimate when the racers(s) you are following will be at each spectator point and try to coincide your viewing with their arrival. Please avoid parking in a single area for more than 10 minutes if possible. We want as many people as possible to be able to cheer on their racers!

Please note:

- It is important that spectators be conscious of their surroundings and be careful not to interfere with the athletes during the race.
- Follow instructions from all race staff, volunteers and public safety officers.
- Do not, at any time, enter the course or impede any of the racers.
- Be aware of areas off limits to spectators.
- Do NOT lean or push on fencing.
- Always look both ways and behind you before crossing or changing direction.
- Racers have the right of way. Spectators MUST yield to racers in progress.
- Know your athlete's bib number, start time and estimated finish time.
- Have a plan to meet up with your athlete at the conclusion of the race.
- Leave plenty of travel time. Expect heavy traffic into race sites and/or parking areas.

These spots are highly recommended for ease of access and visibility.

Marathon:

## **Allentown – 15<sup>th</sup> St and Martin Luther King, Jr. Drive**

About mile 2.0 and mile 6.2. Runners will pass this section twice!

Find street parking along 15<sup>th</sup> St and head down the hill alongside the course.

Map: <https://maps.app.goo.gl/mbA3tyNC9mvteSNA7>

*Note: Please do not spectate from exchange point #1. We have limited parking available and it needs to be reserved for our relay runners and volunteers!*

## **Bethlehem – Sand Island**

About mile 13.6

Find street parking north of West Lehigh St and head south into the park area.

Map: <https://maps.app.goo.gl/MV3ApKzR7tgocdFB7>

*Note: Please do not park in the Lehigh St Parking Lot. We have limited parking available in that lot and it needs to be reserved for relay runners and volunteers!*



Half marathon and marathon:

### **Freemansburg – D&L Trailhead**

About half marathon mile 3.4, marathon mile 16.6

There's a parking lot with 10 spaces here or find street parking.

Map: <https://maps.app.goo.gl/jGYyLRnQTjmSqp9x5>

Important: Main St in Freemansburg is under construction. Access to Freemansburg from S. 4<sup>th</sup> St and Shimersville Rd (through South Bethlehem) will not be available! Take E. Market St through Bethlehem into Freemansburg, then right on Monroe St to the trailhead.

*Note: Do not park illegally or in private lots; you may be towed. This viewing point may get crowded and be difficult to access.*

### **Bethlehem Township – D&L Trail – Nagy's Landing**

About half marathon mile 5.2, marathon mile 18.3

There's a parking lot with 10 spaces.

Map: <https://maps.app.goo.gl/g46MH6byBksn6wb87>

*Note: For racer safety, there will be no vehicular access on Hope Rd to the PA 33 Boat Launch, which was used in past events for spectators. Hope Rd will be closed.*

### **Palmer Township – D&L Trail – Riverview Park**

About half marathon mile 7.5, marathon mile 20.6, Relay exchange #4

Park only in the lower lot. The first lot off of Lehigh Dr is reserved for relay teams!

Map: <https://maps.app.goo.gl/gnUTvME5ohnxyAQE7>

Note: You will need to backtrack on Lehigh Dr to make it to Easton. Lehigh Dr is closed for repair beyond the entrance to the parking area.

### **Downtown Easton – Finish line**

Larry Holmes Dr at Scott Park.

Map: <https://maps.app.goo.gl/dt66VzPu5BPeWtTj9>

We recommend one of two parking lots (paid parking via credit card and kiosk, \$3/hr). It's about a 6-minute walk from either garage to the finish area.

- S. 3<sup>rd</sup> St Parking Garage (City Hall), Map: <https://maps.app.goo.gl/uf72WMZjusknq5RN9>
- 4<sup>th</sup> St Parking Garage (behind Easton Public Market). Map: <https://maps.app.goo.gl/x8hEmGoJvCj9TC12A>

More info about Easton garages: <https://www.easton-pa.com/242/Parking-Garages>

# Things To Do Race Weekend

Discover Lehigh Valley wants to make sure the whole planet knows about the Lehigh Valley. They've spent more than 25 years building the Lehigh Valley into a bustling leisure and business travel destination while boosting the local economy as the official destination marketing organization for Lehigh and Northampton counties.



Visit [discoverlehighvalley.com](https://discoverlehighvalley.com) for other events, restaurants, attractions and other fun things to do.



# FAQs

## **Is my registration fee refundable?**

Registration fees and all associated costs are non-refundable.

## **Is this race certified?**

Yes, the marathon course is USATF certified and times can be used to qualify for the Boston Marathon and other races. Times will be posted on the Results page following the race, serving as official verification for Boston Marathon qualifiers. The half marathon course is certified as well and is eligible for other qualifications.

## **Can I switch races, for example from the marathon to the half marathon?**

Yes, but only between the marathon and half marathon – not the relay. Do so at bib pick-up at the Expo.

## **Can someone else pick up my race packet?**

Yes, someone else may pick up your race packet. They need to know your name and for which event you registered for (Marathon, Half Marathon or Relay). For Relay Teams, be sure the person picking up the packet knows the team captain's name.

## **I can't make it to the Expo. Can I get my bib on race morning?**

Only if you purchased race-day pick-up when you registered. We will have marathon and marathon relay bibs available inside the PPL Center in Allentown and half marathon bibs (run and walk) inside Main Street Commons (next to Aardvark Sports Shop) on Main St in Bethlehem. If you did not purchase race-day pick-up, please arrange for someone to get your bib for you at the Expo. Also, if you purchased race-day pick-up and want to attend our Expo and get your bib there instead, you are welcome to do that, however, no refund on your race-day bib pickup purchase is available.

If you get your bib on Sunday, you will be able to pick up your shirt at the D&L tent at Scott Park in Easton.

## **Will there be pace groups?**

We will have pace groups for the half marathon only. Pace groups will be in five-minute increments from 1:30 through 2:25. We will also have walking pace groups for 3:15, 3:30, 3:45, 4:00, 4:15 and 4:30 finish times.

## **Can I race with a stroller?**

No. Many parts of the course – especially along some sections of the D&L Trail – are narrow. It would put you, your passenger and other racers at risk.

**Can I race with my dog?**

No. The narrow parts of the trail would put you, your dog and other racers at risk.

**Can we substitute relay team members?**

This can be done at the Expo. Please, no race day substitutions. For the safety of all racers, we need to have correct emergency contact information available.

**Where do I pin my race number?**

All participants must wear a number visible on their front, and race numbers must be visible at all times during the race. Therefore, please make certain your number is pinned to the outer-most layer of clothing at all times. Walkers must pin a second bib on their backs. It too must be visible at all times.

**When should I arrive at the start?**

Please arrive at least 60 minutes prior to the race start.

**Where do I park on race day at the start?**

Check our parking instructions and maps on pages 21-22 for detailed information.

**What if I get hurt or cannot finish the race?**

Safety is our main objective. Please exercise caution at all times. Basic and advanced medical support from St. Luke's University Health Network professionals is available at the finish line. EMS services provide support along the course, and medical volunteers are positioned at aid stations to provide basic medical support. In the event of an emergency, call 911. Communications volunteers are stationed at water stations to report emergencies to EMS. Please review our Race Day Cancellation/Alteration Policy.

Transportation (SAG transportation) for any racers who are no longer able to complete the race, but are not in need of emergency medical attention, will be available. Racers should notify water station volunteers that they are in need of transport. Transportation will be dispatched to your location and transport you to the finish line in Easton.

**When does the course close?**

All marathoners must be able to complete the course at a 14:45 minute per mile pace. Course maintenance and street closures will cease along the course based on this time. If you do not think you can complete the course – running or walking -- by 2:30 p.m., please ask a water station volunteer to arrange for an assistance vehicle to the finish line in Easton.

If you arrange your own SAG pick-up and will not finish the race, please call or text the number on the back of your bib to alert us. This ensures that we don't call you at the end of the race wondering if you are still out on the course. We care about our racers and will ensure that everyone is accounted for.